



# FREDERICK COUNTY GOVERNMENT

## DIVISION OF CITIZENS SERVICES

Department of Aging

Jan H. Gardner  
County Executive

Monica L. Grant, Director  
Carolyn B. True, Director

Thank you for your interest in the Meals on Wheels / Home Delivered Meals program. The following is a brief list of the criteria for participation. After submitting an application, a Department of Aging staff person will make an in-home visit to complete a more detailed assessment and explain the program more completely.

### MOW/HDM Criteria

1. The applicant is an adult age 60 and older or an adult of any age with a chronic health condition or disability, who meet eligibility guidelines.
2. The applicant lives in a community or geographic location in Frederick County where service is available.
3. The applicant is homebound and generally unable to leave home except on assisted outings for medical or other appointments, brief shopping, and family events.
4. The applicant is physically and/or cognitively unable to prepare meals safely.
5. The applicant is at nutritional risk as determined by a score of six or greater on a standardized screening tool.
6. The applicant is unable to shop for or otherwise obtain nutritious food on a regular basis.
7. The applicant has no regular in-home care provider (volunteer or paid) to obtain, provide, and/or prepare food on a regular basis.
8. The applicant can safely eat independently without risk of choking.
9. The applicant can be safely alone for extended periods each day.
10. The applicant is aware the Meals on Wheels/Home Delivered Meals program costs \$5 - \$10 per day for each person receiving meals. The program depends on voluntary contributions from participants in addition to community donations and local, state, and federal funds. Voluntary participant contributions may be submitted on a weekly or monthly basis by mailing a check to the Department of Aging.

*No senior age 60+ is denied meals for inability to contribute toward the cost.*

11. The applicant agrees to abide by the program guidelines of service. Including but not limited to:
  - a. Accepts the meal delivery in person to allow the volunteer to confirm the client is well and safe.
  - b. Restrains all pets in a separate, closed room or crate to protect the pet and the volunteers during delivery.
  - c. Assures all firearms and other weapons are unloaded, safely secured and out of reach of any occupants during all meal deliveries and staff visits.
  - d. Is respectful of volunteers and staff by avoiding obscene or abusive language and behaviors.
  - e. Is respectful of volunteers' time, and the other clients waiting for meals, when requesting assistance.
  - f. Notifies the meal coordinator as far in advance as possible when cancelling meals.
  - g. Notifies the meal coordinator within 24 hours of any change (emergency contact info, add or decrease caregiver hours, diet, hospitalization, etc) to the application and/or client's status.

*Frederick County: Rich History, Bright Future*

1440 Taney Avenue, Frederick, MD 21702 • 301-600-1605 • Fax 301-600-3554  
[www.FrederickCountyMD.gov](http://www.FrederickCountyMD.gov)



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- h. Assures the house number and door are easily visible and safely accessible to the volunteer.
  - i. Allows Department of Aging staff to make periodic home visits for the purposes of monitoring status, reassessment, and customer satisfaction.
  - j. Allows Department of Aging staff to make referrals and communicate with family members or caregivers as well as other providers involved in the client's care and wellbeing.
12. When space permits on specific routes, MOW/HDM may be available for individuals under the following circumstances;
- a. Person is in need of temporary support for four weeks or less following discharge from a health care facility, or when a regular caregiver isn't available.
  - b. The primary caregiver is an elderly spouse or child.
  - c. The primary caregiver is a spouse or child who is employed full-time.

For additional information or questions about the program, please call the Meals on Wheels Intake Specialist at 301.600.3524.

Individuals interested in applying for Meals on Wheels / Home Delivered Meals should print and complete an application, sign it and return it to the Department of Aging by email to [DeptofAging@FrederickCountyMD.gov](mailto:DeptofAging@FrederickCountyMD.gov). Fax to 301.600.3554 or mail to:

Frederick County Department of Aging  
Meals on Wheels  
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